

Facets

October 2012

dirty jobs

Why four Ames women love their 'dirty' work



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Facets

Facet - n. 1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered.

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Fairfield woman is on a mission to help others help themselves



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ON THE COVER

Iowa State University College of Veterinary Medicine doctor Jennifer Schleining checks on a cow at the university dairy farm south of Ames. By Nirmalendu Majumdar/
Facets

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Sincerely, Janet Herrick
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DENTISTRY
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A woman's work is never done

Sitting on your rump all day can be hard work.

No medical training is needed to realize the human body was not intended to sit at a desk, typing and talking on the phone for eight or more hours a day, yet it's how most of us earn a living today.

Keyboards and mouse pads designed to prevent carpal tunnel and ergonomic chairs cannot defeat the physical or mental toll that working can take on our bodies and minds.

Editing Facets is not my full-time job. Some days when I leave my day job, all I want to do is crash on the couch and zone out until I go to bed.

One of the advantages of being single is that my only responsibility on these days is to



JENNIFER MEYER

throw a scoop of food in each of my two cats' dishes before turning into a vegetable.

But I often think about what the other women I work with face when they go home. Just as sore and exhausted as me, they have to cook dinner for their families, bathe infants, help with homework and clean up the house.

I also think how my mom

worked a full-time job and raised three daughters — ages 15, 13 and 10 — when my parents divorced. My dad was still part of our lives, but it was my mom who dealt with our attitudes and messes when she came home from work each day.

That was 17 years ago, and despite the domestic progress men have made since then, there is still much truth to the old expression that "a woman's work is never done."

This issue of Facets is dedicated to the smart and caring women whose labors benefit their families, profession and community. ♦

Reach Facets Editor
Jennifer Meyer via email
[at jmeyer.facets@gmail.com](mailto:jmeyer.facets@gmail.com).

"No medical training is needed to realize the human body was not intended to sit at a desk, typing and talking on the phone for eight or more hours a day, yet it's how most of us earn a living today."

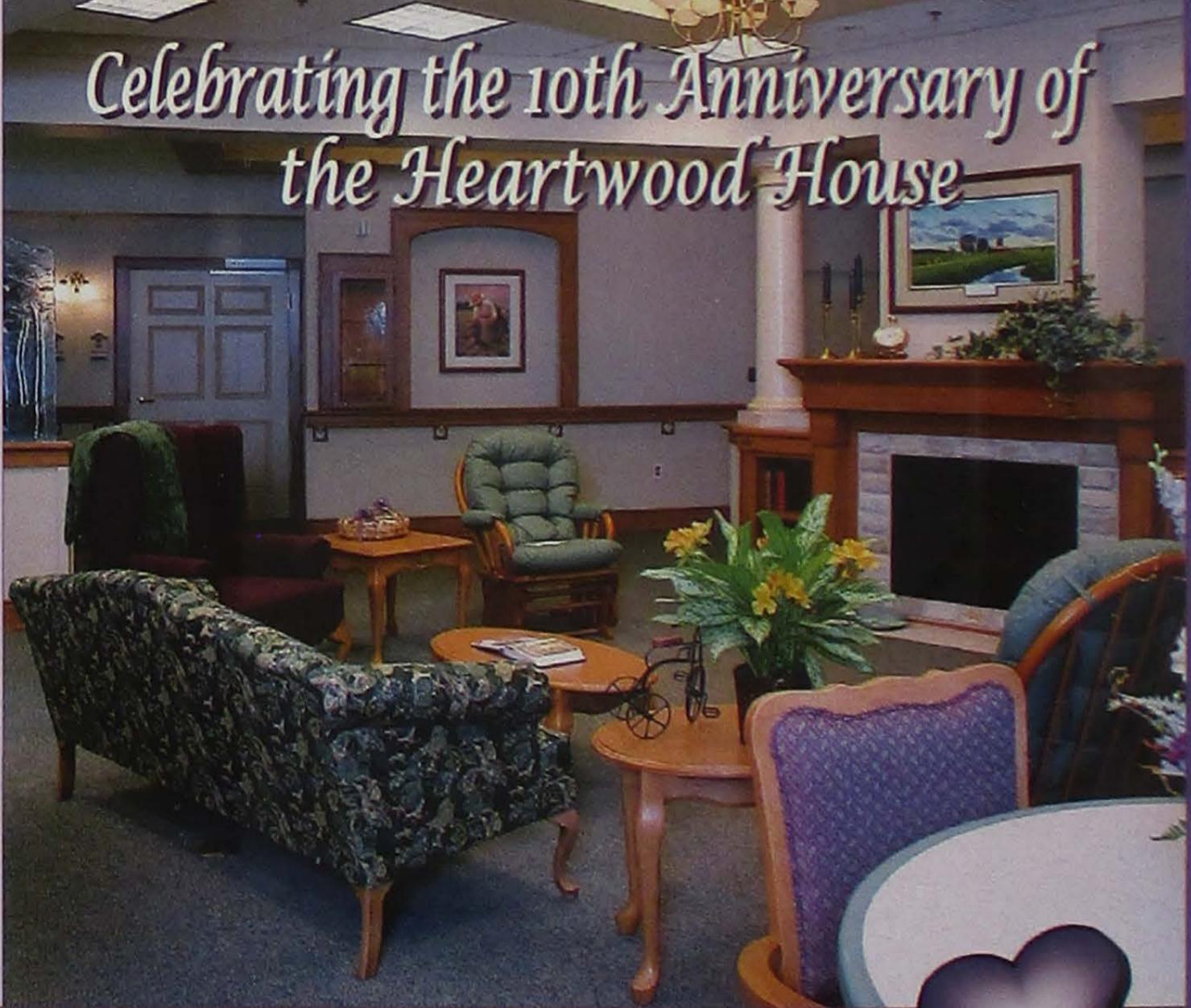
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— Debra Atkinson,
Facets contributor

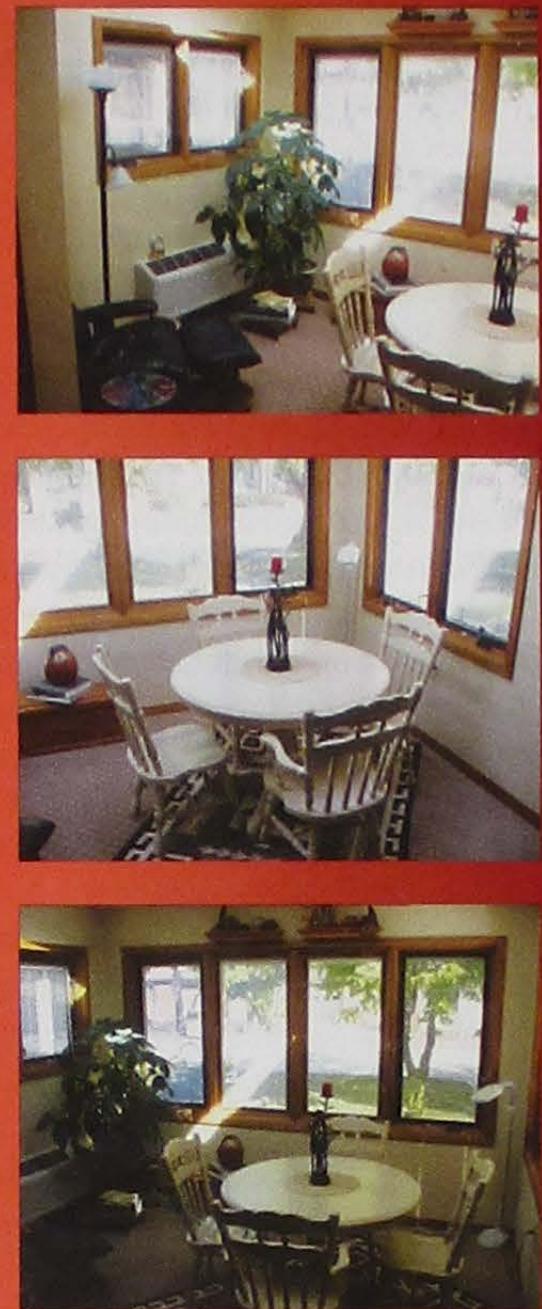
FANTASY FOOTBALL LEAGUE FOR WOMEN ONLY

I'm slowly learning the ins and outs of it all, but it's a lot of fun without any of the pressure.

— Lindsey Bartholomew,
Gilbert, chiropractor
at Bartholomew Chiropractic



General Contracting, Additions, Bathroom, Kitchen, and Basement Remodels



Colleen Nutty was familiar with Geisinger Construction through a remodel project that was completed at Green Hills Retirement Community. When she decided to add an addition to her townhome at Green Hills, the decision was easy to choose Geisinger Construction for the job. "They were just wonderful to work with and very accommodating," Nutty said. "They always kept me informed of the progress which made the entire remodel process go much smoothly." "I'm very pleased with the results."



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— Roxanne Dass, Facets contributor



VINTAGE JEWELRY AND HANDBAGS

I love to pick up old costume jewelry and purses at antique stores. It's not all cheap, but you can find some fabulous stuff (see above for example) for incredible prices if you have the patience.

— Jennifer Adkisson, Facets designer

"UNTIL TODAY!"

In "Until Today!: Daily Devotions for Spiritual Growth and Peace of Mind," a book by Iyanla Vanzant, the daily reading almost always has personal meaning for me. I love the way it challenges me to think about life and my choices.

— Karen Petersen,
Facets contributor



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Why four Ames women love their 'dirty' work

JENNIFER SCHLEINING

BY ROXANNE DASS

Dr. Eric Reinertson, associate professor of veterinary clinical sciences at Iowa State University, vividly remembers the day Dr. Jennifer Schleining walked into his class as a first-year veterinary medicine student.

"(She) showed up to attend morning rounds discussion with the seniors," Reinertson said. "She wanted to get as much knowledge as she could even though much of what was discussed was 'over her head' at that point."

That thirst for knowledge and drive is evident throughout Schleining's career as a large animal surgeon, he said.

For Schleining, working with animals always felt like a calling.

"It's something that not only helps animals, but the people attached to these animals," Schleining said.

She attended South Dakota State University before coming to Iowa State for her veterinary degree. She completed an internship in equine medicine and surgery in Phoenix, Ariz., and then went into private practice.

"In Arizona, I was all equine," Schleining said. "But in Pierre (South Dakota), I saw everything from dogs, cats and rats."

Schleining came back to ISU for a residency in surgery, which she completed in 2008. She specialized in lameness and biomechanics.

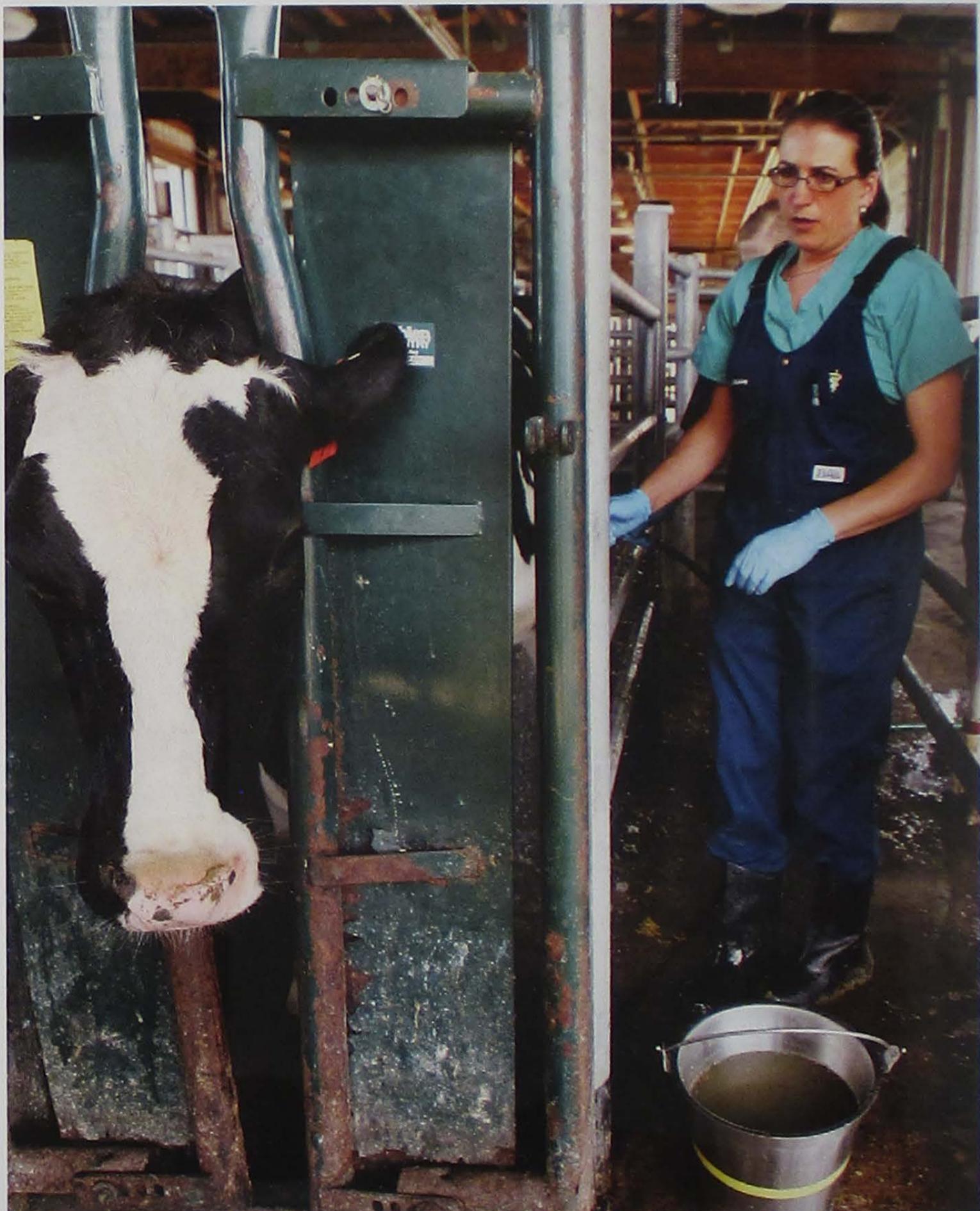
"I went into surgery because my eyes were really opened to intervening when there were dire circumstances and saving a life," she said. "I love the general great feeling and the challenge."

Schleining's patients include dairy and beef cattle, horses, goats, sheep, llamas, alpacas and the occasional pig. From surgeries to putting in a rumen fistula used to re-inoculate sick cows, Schleining loves the dirty aspects of her job.

"I get to meet a lot of people and do a lot of things that help them by helping their animals," she said. "I get to work with some really interesting animals, and I don't have to worry about the color of nail polish I'm wearing." ♦

"I get to meet a lot of people and do a lot of things that help them by helping their animals. I get to work with some really interesting animals, and I don't have to worry about the color of nail polish I'm wearing."

— Jennifer Schleining, large animal surgeon



By Nirmalendu Majumdar/Facets

Iowa State University College of Veterinary Medicine doctor Jennifer Schleining checks on a cow at the university dairy farm south of Ames.



Photo courtesy of Kristin Evans

Environmental engineer Kristin Evans stands at the top of the Bloomington Road Elevated Tank (BRET) water tower. Evans is evaluating how well the water mixes inside the tank.

KRISTIN EVANS

"While in school, I wasn't sure what I was going to do [with my degree]. But now, I just love what I do."

— Kristin Evans, environmental engineer

BY KELLY SPILLMAN-KRAMER

Growing up, Kristin Evans always enjoyed math and science. A career in engineering was a natural choice for her, but she says she fell into environmental engineering by accident.

Evans, now an environmental engineer for the city of Ames, says she loves what she does and enjoys living in Ames.

A native of Maple Grove, Minn., Evans attended Iowa State University, where she received her bachelors, masters and doctorate degrees in environmental engineering. She is a licensed engineer in Iowa and Minnesota.

Evans said obtaining an environmental engineering degree involved more chemistry and biology than a typical engineering degree. Often, she was the only woman in the class, she said.

"While in school, I wasn't sure what I was going to do [with my degree]," Evans said. "But now, I just love what I do."

Evans has been working at the water plant in Ames for about five years.

She started working for the city's parks and recreation department, teaching fitness classes and working the front desk, in 1994 while she was in school.

After graduating, Evans and her husband moved away temporarily.

"We loved Ames," Evans said. "It was no-brainer to apply for this job."

Evans said her job at the water plant involves managing projects at the water and wastewater plants, designing and maintain-

ing the systems, and managing the people who help complete projects.

Her work also includes climbing the water towers for maintenance and water quality testing.

Evans enjoys being at the plant to troubleshoot and see her ideas become a reality.

"I see everything from start to finish and then as it's being used," she said.

John Dunn, director of Water and Pollution Control, said it is apparent how much Evans cares about the quality of her work.

"At any given time she is entrusted with millions of dollars' worth of capital investment projects for the Ames community," Dunn said. "In addition to her exceptional technical skills, Kris has built a tremendous network of professional contacts that allows her to be highly productive."

Her passion public service spills into her time outside of work, where she is an active member of multiple trade associations, Dunn said. "And on top of it all, she still manages to be a great mom to a very happy little boy."

Evans advised anyone pursuing an engineering degree to ask questions and speak up.

"There's just so much design and rules in engineering," she said. "It helps if you understand why things work the way they do. I think that goes for all disciplines, but especially engineering." ♦

Reach Kelly Spillman-Kramer via email at kel_300@hotmail.com.

NAIMAH SAADIQ

BY KELLY SPILLMAN-KRAMER

Naimah Saadiq made the decision to become a police officer after seeing the emphasis the Ames Police Department puts on building community.

"I held a job with the City of Ames as a community safety officer," Saadiq explained. "I observed how the department represented the role of an officer, which inspired me to want to become a part of their force."

Saadiq was born in Des Moines, but moved around the country, eventually graduating from high school in Tennessee. In 2004, she moved to Ames to attend Iowa State University and has lived here ever since.

Saadiq became a police officer in April 2009. This year marks her fourth year with the city of Ames.

"I love working in the community and being able to meet with people in the role of a police officer," Saadiq said.

Saadiq has experienced advantages and disadvantages to being a female police officer.

"Women have to prove they are just as tough and strong (as men)," she said.

"Overall, I would not say that being a woman has made the job more difficult. If anything, being a woman has enhanced my job function by my being able to bring a different perspective."

Chief of Police Chuck Cychosz said Saadiq is a valuable member of the Ames police force.

"We are very proud to have Officer Saadiq as an outstanding member of the Ames Police Department," he said.

Saadiq said police officers do not fit into a stereotype.

"I try to portray to the public that there is no physical mold of what a police officer should be," she said. "We come in all forms and from all walks of life. The commonality of officers comes from our core values of justice, integrity, compassion and the desire to serve our communities." ♦

"I love working in the community."

— Naimah Saadiq,
Ames police officer



By Kelly Spillman-Kramer/Facets

Naimah Saadiq is an officer with the Ames Police Department.

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Photo courtesy of Alison Robertson

Plant pathologist Alison Robertson works in the field training farmers and agronomists as part of her job with Iowa State University Extension.

ALISON ROBERTSON

"Sometimes (working with farmers) means getting out into the fields, even if it is 105 degrees with 95 percent humidity. But I love that aspect of my job. I'd rather be walking a corn field than be sitting in my office."

— Alison Robertson, plant pathologist

BY ROXANNE DASS

There are eye doctors; internists; ear, nose and throat doctors; and animal doctors.

Then there is plant doctor Alison Robertson.

Robertson, 43, is a plant pathologist for Iowa State University Extension and an associate professor of plant pathology who studies diseases that affect corn and soybean.

Robertson's research is important to farmers and everyday consumers.

"It's important to understand the impact of these diseases, because those diseases will affect yield," Robertson said. "We want to produce as much grain as possible to feed ourselves and our animals and also fuel our cars."

Robertson knew when she went to university in Zimbabwe that she wanted to go into a genetics-related field, but her school did not have a human genetics program. She took a week-long class on plant pathology.

"It never occurred to me that plants got sick," Robertson said. "It's not that I love plants, but I thought that was pretty cool and something different."

Robertson, a native of Zimbabwe, never expected to live and work in Iowa. She lives in Ames with her husband Malcolm, who teaches horticulture at ISU, and daughters, Kirsti, 10, and Andra, 5.

Robertson came to Iowa State University in 2004 after receiving her doctorate degree in South Carolina.

"There are three things you can do: go

into the industry and do research, teach or go into extension," Robertson said.

She knew she wanted to go into extension, because "I love to work with people and farmers and going out in the field."

Robertson works in the lab dissecting plants and raising them with different natural defenses, but she also goes out to work with farmers.

"Sometimes that means getting out into the fields, even if it is 105 degrees with 95 percent humidity," Robertson said. "But I love that aspect of my job. I'd rather be walking a corn field than be sitting in my office."

Robertson travels to test plots and sprays fields with different insecticides. She also cultivates different genetically modified plants to see how they stand up to the diseases.

Robertson's co-workers describe her as dedicated to helping area farmers.

"She is extremely popular as a source of research-based disease management information," said Dr. Greg Tylka, professor of plant pathology and microbiology. "She is in very high demand as a speaker to farmer groups and for small to large seed and chemical companies."

Tylka said he enjoys working with Robertson, in addition to respecting her research.

"Even better than all the wonderful things she does in her job," Tylka said, "She is a wonderful co-worker and a really, really nice person." ♦

Reach Roxanne Dass via email at rdass43@gmail.com.

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On a mission to help

BY KATHY HANSON

Ask Lynne Tillman if she has a job, and she'll tell you she has a mission.

Tillman, 54, who lives in Fairfield and has strong ties to Ames, spends nearly every waking hour creating opportunities for other people.

"I believe in social enterprise," she said, referring to the businesses model for generating income by selling a product or service while creating social, environmental or cultural value.

Social enterprise is a trendy term, she says, for the age-old strategies people use to "find a way to make a way when there doesn't seem to be one."

Long before entrepreneurs, micro-loan financiers, nonprofit organizations, sociologists and academicians coined the term, Tillman said, "people, particu-

larly poor people and African Americans, were birthing ideas out of a little bit of nothing" to eke out a living.

Tillman, whose friends call her "Mamma Lynne," could teach all the aforementioned professionals a thing or two about economic and social theory, says Travis Cox, assistant professor of Sustainable Living at Maharishi University of Management in Fairfield.

"Mamma Lynne understands there's a tremendous amount of work people do around the world all the time that doesn't get counted for its monetary value," Cox said.

Tillman is trying to translate such work into monetary value, both in Fairfield and Ames. She finds materials for sewing, crafting and cooking at flea markets and farmers markets and salvages items people have thrown away.



By Nirmalendu Majumdar/Facets

Lynne Tillman shows some of her products at Community that Works in Ames. She helps Iowa women earn income through crafts.

Contact Lynne Tillman at (641) 233-0353 or msosisterhood@gmail.com. View her website at www.msosisterhood.com.

To learn more about Community That Works, visit <https://sites.google.com/site/communitythatworksames/>.

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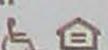
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Others make their way

Renowned for her homemade body butter, jewelry, scarves, popcorn, iced tea and a dinner gathering she calls "A Taste of Soul," Tillman sells her products to "make a bit of money and reinvest it for larger venues," she said.

"I have a space called Many Shades of Sisterhood in Fairfield where I share my skills with other people," said Tillman, crediting 2006 Nobel laureate Muhammad Yunus as one source of inspiration.

Yunus pioneered microloans to help people escape poverty "on terms suitable to them and by teaching them a few sound financial principles so they could help themselves," according to his biography on the official Nobel Prize website.

Tillman isn't in a position to provide cash loans, but aims to help people help themselves because the need is great in the current economy.

"Many people are dropping from where they used to be," she said, describing the ladder to prosperity as one with collapsing rungs.

Neither Tillman nor Cox blames capitalism for all economic disparity. They say U.S. culture has deprived people of some ability to cooperate and acknowledge their interdependency.

People are caught between the dichotomies of capitalism, which prizes individualism and competition for jobs and resources to meet basic needs, and the service model of government programs and charities, which "come in like a great knight" to address humanitarian issues without letting the person experiencing the need be a part of the solution, Tillman said.

"All you have to do is look around and see that it's not working," she said.

Tillman said government programs and social service organizations have their place, but they aren't long-term solutions.

"They create new hoops for people to jump through to get help," she said. "Pretty soon all that people get good at is jumping through the hoops."

Tillman said she felt alone in her mission until she took training in building interdependency and cooperation from Beyond Welfare, an Ames organization, now called Community That Works.

She found in Community That Works a "gathering of people based on the values I was living in my own life," she said.

"I incorporated some of Community That Works' descriptions of its values," she said, including "'Making friends on purpose,' and the expanded definition of poverty as a lack of money, meaning or friends."

Cox said the current power structures, on both political extremes, depend on people remaining in isolation in order to meet needs.

Organizations like Community That Works create the opposite of isolation, he said.

"It's a larger reflection of what Mamma Lynne does personally."

Cox predicts Tillman will bring others along in her mission. He's seen firsthand how far her vision reaches.

"When my mom needed to downsize her possessions, Lynne was adamant that someone could use the stuff. She talked us out of throwing it away," he said.

Cox said Tillman "brings social enterprise down to a person — you, me, right here."

"That makes it real," he said. ♦

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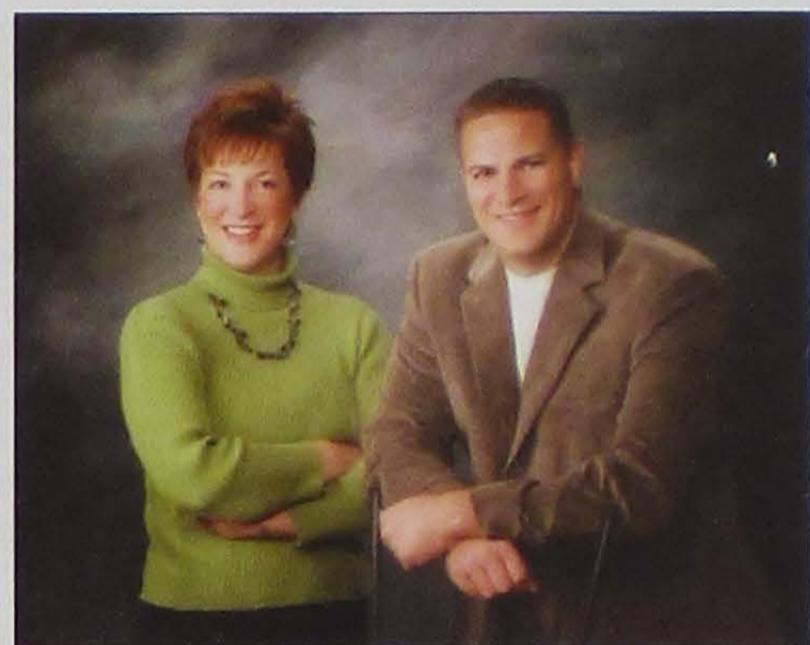
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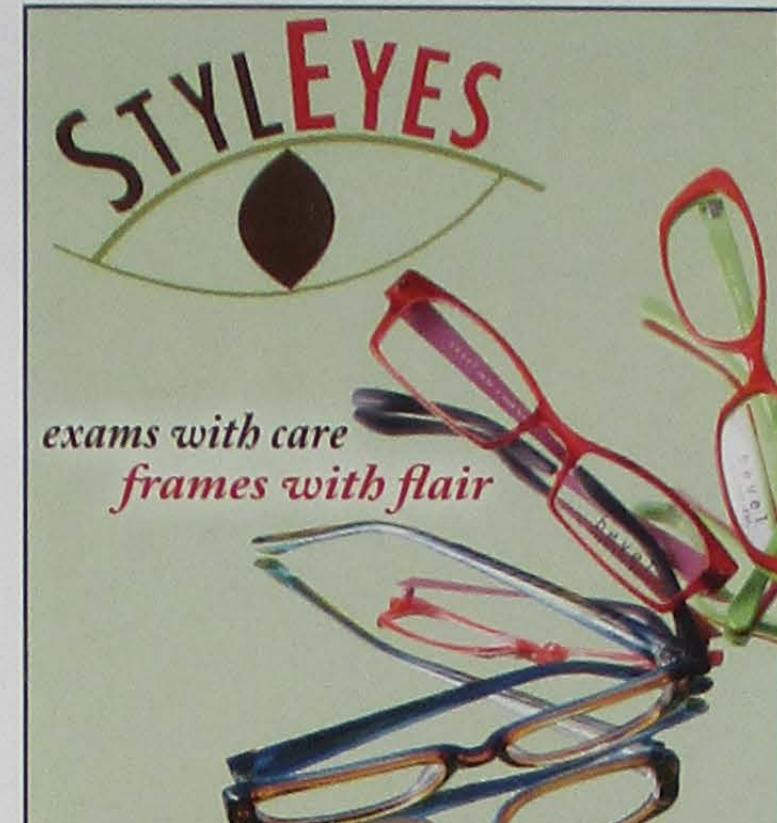
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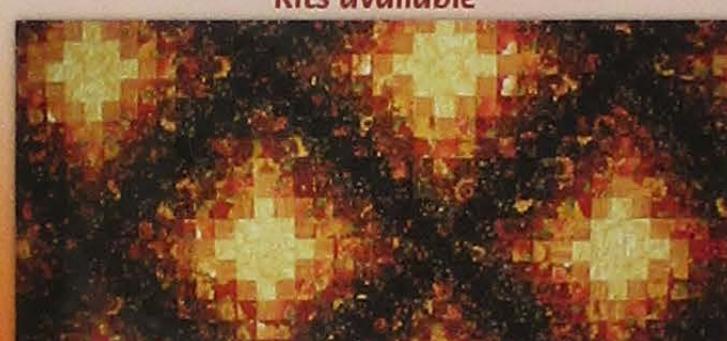
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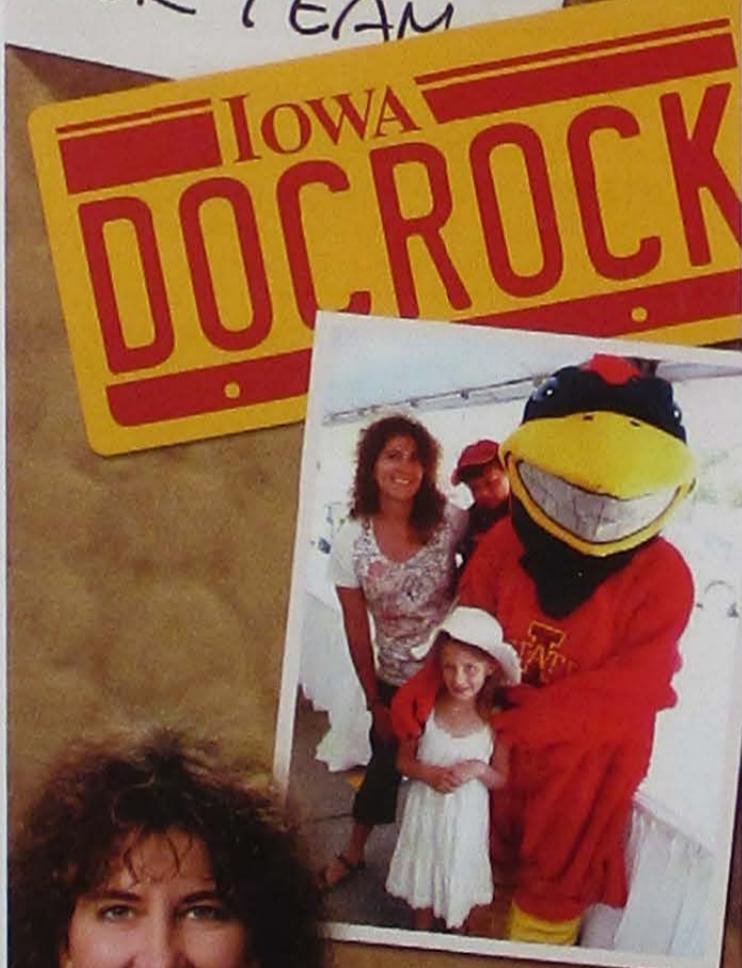
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Salon safety

Maybe you have heard about unsafe conditions in salons and want to know how to check out your salon. Individual states have laws and rules regarding salons and schools of cosmetology to protect the public. Ask your salon owner, professional service provider or educator at the salon or school. They are required to know the state's laws and rules, and have passed tests to be licensed.

In Iowa, salons and cosmetology schools must be licensed by the state Board of Cosmetology Examiners, a division of the Department of Health. Within the salons and schools, the cosmetologists, estheticians, nail technicians and educators must be individually licensed as well.

Businesses must post all these licenses, plus a copy of the state's sanitation rules and the most recent inspection report, at eye level in the front entrance area. Massage therapists are regulated by a different state board, but have similar regulations under supervision of the health department.

Sanitation is a big deal when it comes to protecting the public, and licensed professionals take it very seriously. They have to complete two hours of continuing education every two years to renew their licenses, in addition to six hours of updated professional skills training. No one can renew their license without taking eight hours of continuing education every two years.

No licensed professional can provide services outside their scope of practice. For example, an esthetician cannot work on nails, unless she is also a licensed nail technician.

Each business also has requirements for the work area. Salons and schools must have exhaust fans or air filtration equipment capable of removing fumes, as well as areas for storing and dispensing supplies, sanitizing all implements and reception.

Hot and cold running water, clean restrooms, and safe drinking water are also requirements. Hand-washing facilities, adequate lighting, easy-to-clean work surfaces and a complete first aid kit are necessary.

Salons in homes must comply with these same regulations, and must have an entrance



MARY CLARE LOKKEN



By George Doyle/Stockbyte/Thinkstock

Nervous about getting in that chair? Take a look around. Salons must post all licenses, plus a copy of the state's sanitation rules and the most recent inspection report, at eye level in the front entrance area.

that is not connected to the rest of the house. Doors connecting the living area to the salon area must be closed during business hours.

If the salon is adjacent to another business, it must have a partial partition. If the salon is adjacent to a food business, however, it must be entirely separate, and doors between the two must only be accessed in an emergency.

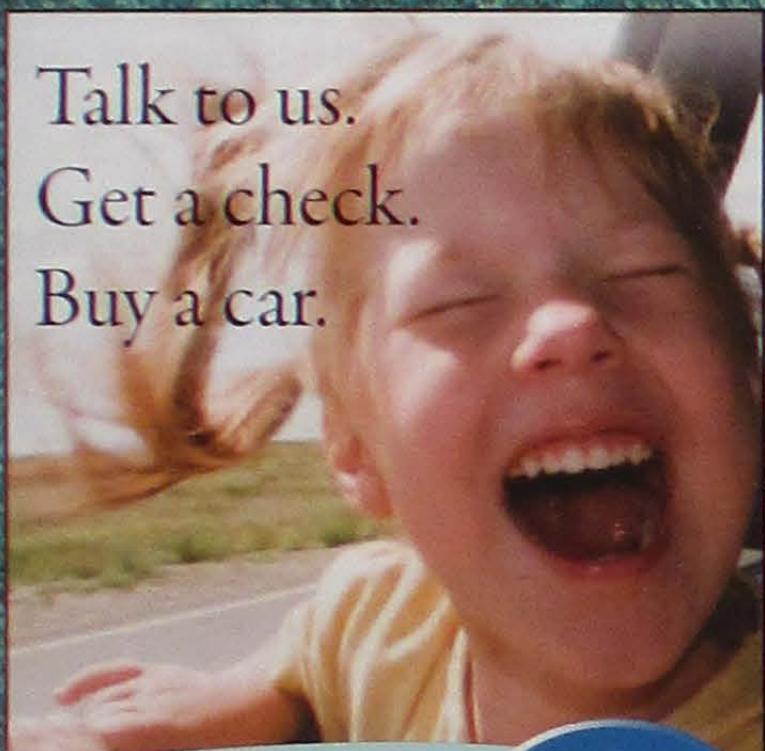
These laws and rules protect the public. Most salons and professionals working in them are careful to follow these rules. If you observe abuse of these rules, you may contact the cosmetology board at (515) 281-4416. The board can also be reached online at www.idph.state.ia.us/licensure/board_home.asp?board=cos. ♦

Mary Clare Lokken is the owner of PCI Academy in Ames. She writes this column after consulting with educators there. Reach her via email at MaryClareLokken@aol.com.

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Facets

Take the time to prevent cardiovascular disease

The lives and daily responsibilities of women have changed drastically over the years. Women now juggle a full-time job with the responsibilities of child care, household chores and planning family meals.

This busy schedule makes it more difficult to eat right and exercise. Yet these two very important lifestyle choices are essential to prevent cardiovascular disease.

Cardiovascular disease is the leading cause of death among American women. More women die from cardiovascular disease (heart disease and stroke) than from all forms of cancer combined.



AMY CLARK

WAYS TO PREVENT CARDIOVASCULAR DISEASE:

KNOW YOUR BLOOD PRESSURE

High blood pressure is a major risk factor for heart attacks and

stroke. When blood pressure is too high, the heart works harder than it should.

A blood pressure reading of 120/80 to 139/89 is considered pre-hypertension. This means you don't have high blood pressure now, but are at a higher risk to develop it in the future. High blood pressure, or hypertension, is a blood pressure reading of 140/90 or higher.

A healthy diet and routine exercise can help prevent high blood pressure, but the first step is to know your blood pressure.

GET CHOLESTEROL AND TRIGLYCERIDE LEVELS TESTED

High blood levels of cholesterol can block your arteries, keeping your heart from getting the blood it needs. This can lead to a heart attack.

About 40 million Americans have blood cholesterol levels higher than 240 mg/dl, a level set as "high risk." Triglycerides are a form of fat in the bloodstream, and high levels are linked to heart disease.

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A simple blood test will tell you if you have high cholesterol and/or triglycerides. All women age 20 and older should have their blood cholesterol and triglyceride levels checked at least once every five years.

EAT FOR HEART HEALTH

Your diet should include a variety of foods from all food groups: fruits, vegetables, whole grains, low-fat dairy and lean meats. Reducing total fat, saturated fat and cholesterol is key to heart-healthy eating.

You can reduce saturated fat by removing skin from poultry, choosing extra-lean meats and switching to low-fat dairy. Replace unhealthy fats with heart-healthy monounsaturated fats, such as those found in olive, canola and peanut oil. Try margarines with no trans fats and no-fat or low-fat salad dressings and sandwich spreads.

LOSE WEIGHT

If you are overweight, you are at risk for heart disease. Weight loss can improve your blood pressure and blood cholesterol.

To take off the pounds, go beyond a diet and make permanent changes to your eating habits. For example, eat five fruits and vegetables and drink three glasses of skim milk each day, eat two to three servings of fish per week, and eat three servings of whole grains each day.

BE PHYSICALLY ACTIVE

Don't forget the exercise. Even low to moderate activity, if done on a regular basis, can help reduce blood pressure and control diabetes.

Dancing, yard work, housework, gardening, walking, biking, swimming or aerobics can help burn calories, tone muscle and con-

trol appetite. Try one or more of these activities every day.

USE LESS SALT

Most of the sodium in our diet comes from processed foods and table salt. Check labels for the amount of sodium in each serving. Many experts advise a total daily sodium intake of about 2,400 milligrams.

Throw out the saltshaker and try seasoning foods with herbs, spices and lemon juice.

Check with your physician for a specific recommendation for salt (or sodium) level.

DRINK ALCOHOL ONLY IN MODERATION

Limit consumption to no more than one drink (one 12-ounce beer, one 5-ounce glass of wine or one 1.5-ounce shot of hard liquor) a day.

QUIT SMOKING

Approximately 22 to 27 percent of Americans still smoke, and this choice is contributing to heart disease. Studies show that after your first year as a nonsmoker, your risk for heart disease falls by 50 percent. After 15 years, your odds are close to that of a lifetime nonsmoker. ♦

Amy Clark earned a bachelor's degree in nutrition and dietetics from Iowa State University in 2003. She is a member of the American Dietetic Association and received a certificate in adult weight management in November 2006. Her goal at Hy-Vee is to increase awareness of the impact nutrition can have on well-being and quality of life. She encourages people to focus on making healthy lifestyle changes one step at a time. Reach her via email at 1013Dietitian@hy-vee.com.

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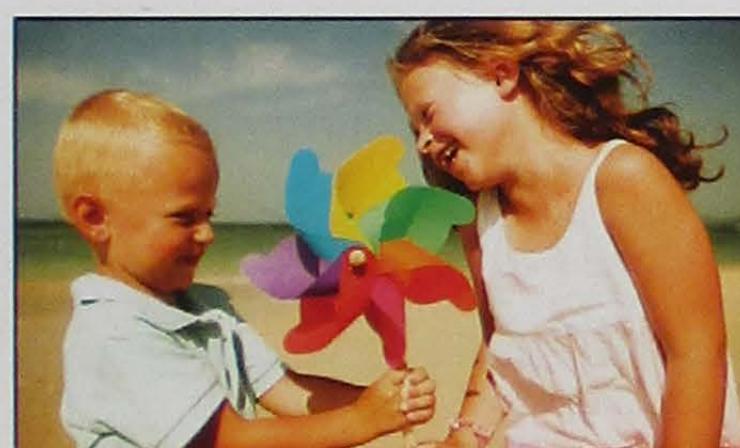
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In the beginning, women worked. They cooked, sewed clothes for their families, planted and harvested the garden, and raised egg-laying chickens for grocery money — all without the convenience of our current labor-saving devices. They did not have a paycheck, a retirement plan or health insurance.

Today, many women work outside the home and earn these benefits. In addition to full-time work, many women still have primary responsibility for home and family. Even with the modern conveniences that make housework quicker and easier and the relative ease with which we can feed and clothe our families, life as working women can be overwhelming.

And as if life were not complicated enough, many women now have the responsibility of managing their retirement and investment dollars. If you are responsible for managing your long-term assets, consider these easy steps.

FOUR STEPS TO SUCCESSFUL INVESTING:

1. Settle on your goals.
2. Choose an appropriate stock-bond mix.
3. Buy some low-cost mutual funds.
4. Rebalance regularly.

If, as an investor, you have robot-like characteristics, these four steps would be all that is necessary to succeed financially. But if you are human with the typical emotions, fears and concerns about your future, it is not so simple. Even though we want to invest for success, sometimes we struggle to find the right method.

SOME IDEAS TO HELP SIMPLIFY YOUR INVESTING DECISIONS AND KEEP YOUR FOCUS ON THE END RESULT:

1. IGNORE THE NOISE

There are market and investment ex-



**KAREN
PETERSEN**

perts everywhere you look. They appear on the morning news, the afternoon talk shows, in money magazines, at the coffee shop, in the office next to you and sometimes at family gatherings.

Remember all the hype is about today — the headline news, whether it is Greece and Italy, the changes in Medicare, or gridlock in congress. Focus on your long-term objectives. Don't be swayed by short-term headlines.

2. CONSIDER WHY AND WHEN

List the reasons you want to save/invest money and assign each a time-needed label.

- Savings for a trip to Disney: Two years
- Down payment on cabin at the lake: Eight years
- Retirement: Twenty years

Money you will need in less than three years should be in a savings account or certificate of deposit.

The money for a cabin at the lake could be more aggressively invested if you are flexible about the purchase date.

Retirement dollars need to outpace taxes and inflation; a mix of stocks and bonds is a good choice for long-term growth.

3. NARROW YOUR CHOICE

Many retirement plans, aware that too much choice creates problems, limit the number of investment options. You can use the same method to simplify your choices; you could limit your investment choices to a single mutual fund company.

4. GET A SECOND OPINION

Even seasoned investors can find it hard to stay calm during market declines. Find a practical, non-emotional person you trust to help you think about your options. That might mean talking to your spouse, a colleague or your financial advisor, because life is ... more than money. ♦

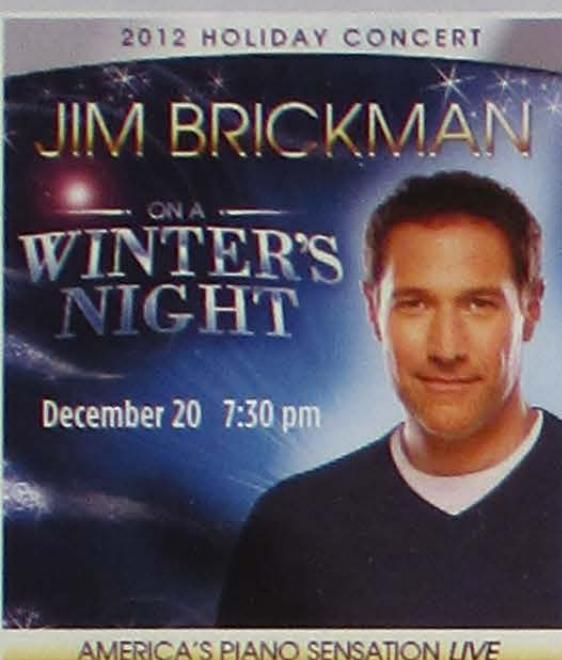
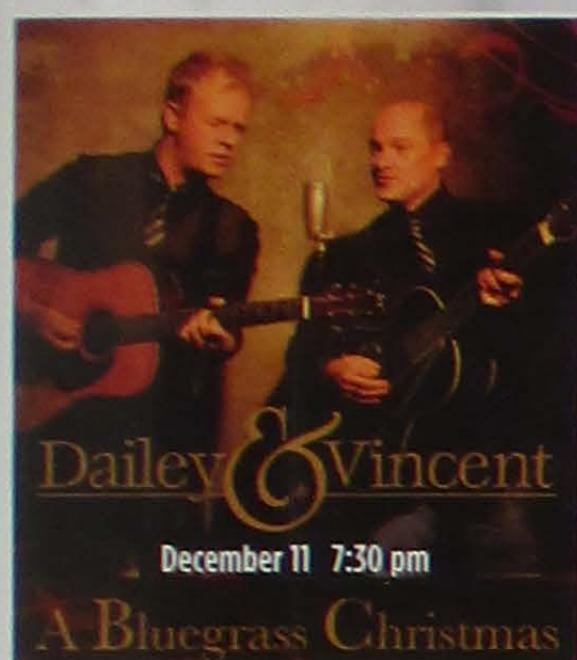
Karen L. Petersen, CFP® CDFA™, is a fee-based financial advisor. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.



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Work it at any age

Sharom Granzow sees Americans ignoring the benefits of exercise the same way they once ignored the risks of smoking.

"Sitting is the new smoking," Granzow, 72, said.

Granzow, who has exercised regularly for the past 43 years, is a frequent face in the weight room and in fitness classes, such as Zumba. She exercises twice weekly to reach her target heart rate, and two more days per week lifting weights and walking for 40 minutes.

Statistics show many Americans are not exercising enough to see health benefits. A sedentary lifestyle comes with risks, but the advantages of exercising at any age are much greater than risk avoidance alone.

Granzow feels younger and takes on technology with the same zest she has for exercise.

"I am a happy person because I am a healthy person," she said.

Granzow is on target with research that suggests exercise protects muscles from atrophy, as well as internal organs, eyes, mental acuity and the ability to problem-solve.

Dr. Mark Tarnopolsky, whose research in Canada shows exercise reversed cataracts, hearing loss and anemia in mice, said "You're 100 times better ... as an athlete training in your 40s and 50s than a sedentary person in your 20s, any way you look at it."

AEROBIC ACTIVITY

On a 10-point scale, where sitting is 0 and working so hard you have to stop is 10, moderate activity is a five or six, and vigorous activity is a seven or eight.

Exercise aerobically at moderate to vigorous intensity for at least 10 minutes at a time. You can do either or a mix of intensities to achieve your activity goals. One minute of vigorous activity is about the same as two minutes of moderate.

Target per week for health benefits:

Two hours and 30 minutes of moderate activity; one hour and 15 minutes of vigorous activity; or a combination of the two.

For greater health benefits: Five hours of moderate activity; two hours and 30 minutes of vigorous activity; or a combination of the two.



DEBRA ATKINSON

MOVE OF THE MONTH



HIP FLEXOR STRETCH

Begin with one leg as close to the wall as you're comfortable (or slightly uncomfortable) with. For the first minute, assume a runner's starting position and attempt to tip your pelvis down toward the floor with your hands on the floor on either side of your foot. (1)

For the second minute, come up to a lunge position (2), still attempting to tip the pelvis down. Support yourself with your thigh if you need to, and work to an upright position as you're ready.

Repeat these stretches on the other side.

MUSCLE STRENGTHENING

Lifting weights, toning with resistance bands and body-weight conditioning at least two days per week will help slow or reverse the loss of lean muscle that naturally accompanies aging.

Fatigue or temporary failure at the end of each set is the goal for any strength-training regimen. Though 48 hours between weight workouts is standard, some studies show older adults can benefit from an additional day of muscle recovery.

Target per week for strength: Two or more days per week consisting of 8-10 major muscle groups. Perform at least one set and increase to two sets for greater benefits.

Aging Americans are changing health and fitness standards. It's never too late to start, and it's never too late to work "hard," as you define that in your own terms. ♦

Debra Atkinson, M.S., C.S.C.S., graduated from Iowa State University, where she has also taught in the department of kinesiology for 12 years.

She has been a fitness professional, writing, speaking and practicing for 25 years. Reach her via email at PTDirector@amesracfit.com.



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faceted woman | KRISTA WRAGE

Name: Krista Wrage

Age: 28

Position: Owner at Studio7

Salon and Spa

Family: Husband Scott Wrage
and daughter Rhylan

What would you do with \$1,000 to spend on yourself?

I would buy, in no particular order, shoes, sushi and clothes. Honestly I rarely go shopping, so this would be a real treat for me.

Your favorite meal:

Sushi.

Craziest fashion you ever wore:

JNCO pants (super wide-legged, baggy, skateboarding pants) when I was 15. Not flattering on someone who is 5 feet tall.

I never leave home without:

Lip gloss. I took it on a mission trip to Taiwan where I never wore makeup or did my hair, but I had to have lip gloss.

Your favorite motto:

"Whatever you do, work at it with all your heart, as working for the Lord, not for men."

— Colossians 3:23

What makes you happy?

So many things make me happy, mainly being outdoors with my family and being able to make people around me happy.

What makes you feel confident?

Reaching goals.

What makes you laugh?

My husband. He is my entertainment for life.

What have you accomplished that has made you proud?

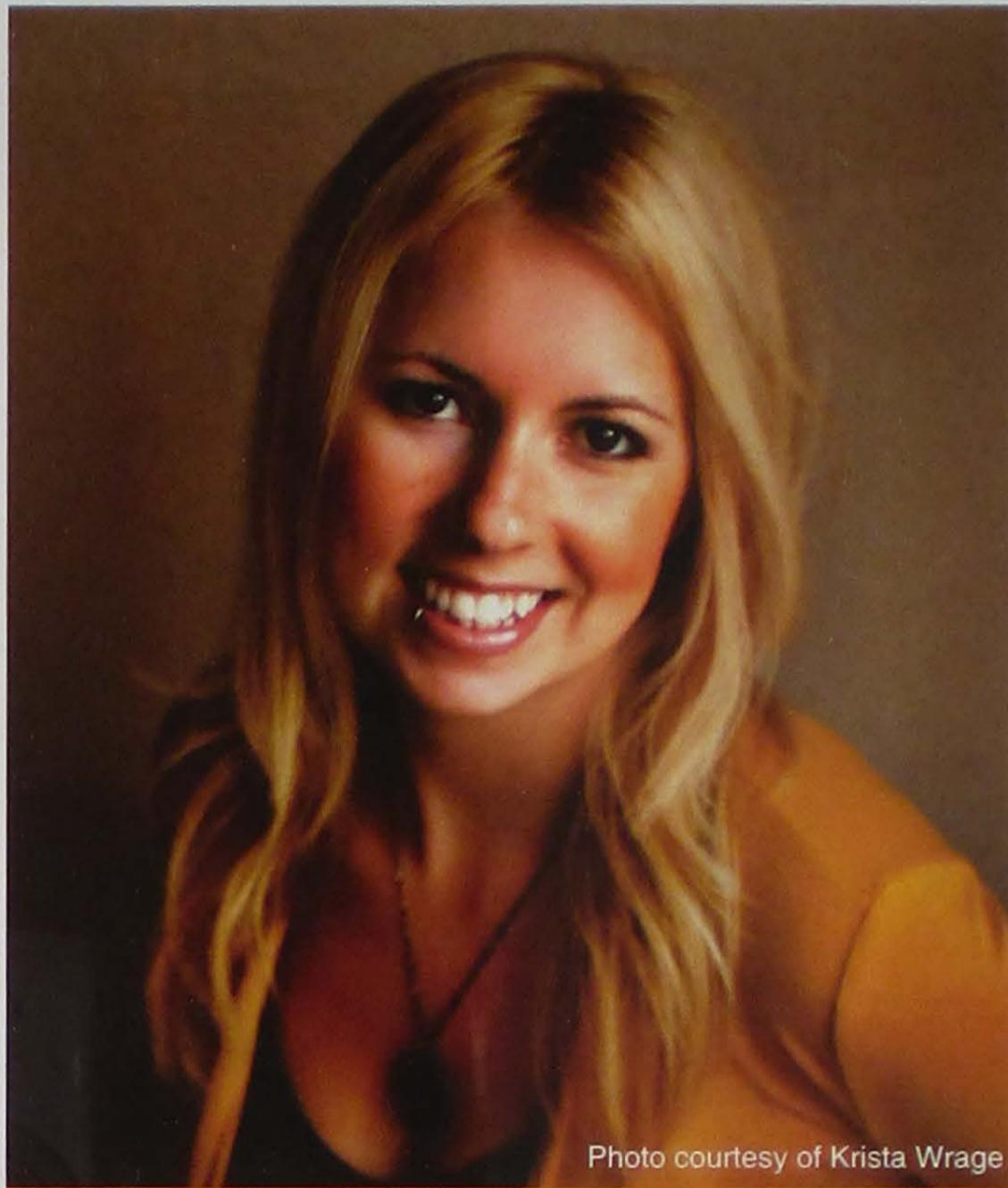


Photo courtesy of Krista Wrage

◆ DO YOU KNOW A FACETED WOMAN?

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Having a baby is one of the most prideful and humbling things that has ever happened to me.

Do you believe in New Year's resolutions? Do you have one this year?

I have never made a New Year's resolution, because I constantly have goals I want to accomplish.

Best tip to look and feel great:

Make time to do something positive you love to do, no matter how selfish you feel. I love pedicures and massages.

How do you take care of yourself financially?

I have a plan for the future in case something were to happen to me, and I try to adjust my budget as needed.

If you could do or be anything you want, what would it be?

I would be a ballet dancer. I lack dancing skills and grace, but when I was little, I envied my best friend who was great at ballet.

If you knew then what you know now, what would you have done differently?

As far as personally, I wouldn't have tried to be such a perfectionist. I was always way too hard on myself. I'm glad that I've had the personal growth to realize it's OK not to know everything or do everything perfectly. Life is more fun this way.

How do you reward yourself?

Vacation. I love traveling, it frees my mind.

My idea of a nightmare job:

Anywhere that you aren't respected as a human and as a valuable asset. I wouldn't want to be just another employee; I like to be a part of a team.

My simplest pleasure:

Sitting outside in the sun.

I crave:

Popcorn with olive oil, salt and cayenne.

I secretly love:

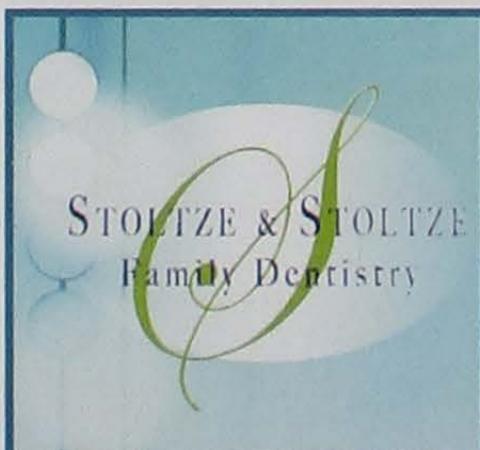
Journaling. I have been journaling since I was 14, so when I die, there will be some fun stuff for people to read.

When I am an old lady:

I want to be as adventurous as I am now, if not more.

How do you give back to your community?

I have found that giving of my talents is the most rewarding way to give, because then I get to be there with people. Our salon donates our talents and funds to Youth and Shelter Services and William Bliss Cancer Center. Personally, my family donates to our church with both our talents and funds. Life is a blessing, and it would be a great loss not to give blessings in return. ♦



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Not Pictured: Gale Livingston, Lara Hallgrimsdottir, Liz Calhoun, Michelle Holdredge

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- Simple Supper Solutions



Amy Clark, RD, LD

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Your Ames Hy-Vee dietitians are available for individual nutrition counseling. If you have questions about a specific diet (weight loss, low-sodium, diabetic, gluten-free, vegetarian and more), nutrition counseling is a great way to get personalized advice!